

You Can Cook This

Recipes from Riviana Kitchens

CHICKEN AND RICE SALAD WITH ROASTED RED PEPPERS

Serves - 2 (1 whole pita each)

Gather Ingredients



Ingredients:

- 1/3 cup light mayonnaise
- 1/4 cup roasted red pepper (water packed), chopped
- 2 teaspoons Dijon mustard
- 1 cup cooked Carolina® or Mahatma® White or Brown Rice
- 1 cup cooked boneless, skinless chicken breasts, diced, (about 6 ounces)
- 1/2 cup celery, chopped
- Salt and pepper, optional
- 2 whole wheat pita pockets, cut in half
- 4 lettuce leaves

Stir in Ingredients



Directions:

In a medium bowl, combine mayonnaise and Dijon mustard. Add chicken, peppers and celery. Add rice and mix lightly. Season with salt and pepper to taste, if desired. Line pita pockets with lettuce leaves and spoon in salad.

Serves: 2 (1 whole pita each)

Serve



Nutritional Information:

Calories:	476	Fat – Total:	18 grams
Protein:	32 grams	Saturated Fat:	4 grams
Carbohydrates:	43 grams	Sodium:	904 milligrams
Dietary Fiber:	6 grams		
Cholesterol:	86 milligrams		

Helpful Tips

- Cook extra white or brown rice. It can be stored in the refrigerator up to six days; or, the freezer for up to six months
- Use a non-stick skillet to brown meat and other vegetables -- it helps reduce the need for added oil
- Reheat pita pockets in the microwave for about 10 to 20 seconds to soften

Be sure to visit www.carolinarice.com or www.mahatmarice.com for more recipes, videos and information



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